

### Abstract of the Disclosure

The present invention is directed to a method of treating patients with major depression by administering omega-3 fatty acids. These may be administered in a substantially purified form, as part of a pharmaceutical composition, or as part of a larger molecule, e.g., a triacylglycerol, which releases free fatty acid after ingestion by a patient.

The present invention is also directed to triacylglycerols which are esterified at the gamma carbon of glycerol to phosphocholine and at either the alpha or beta carbon of glycerol to an omega-3 fatty acid. These "omega-3 phosphatidylcholines" are also used in the treatment of patients with major depression.

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